

Household Commodity Fact Sheet

**ONIONS, YELLOW, FRESH**

Date: April 2009

Code: F120, F122, F123

PRODUCT DESCRIPTION

- Fresh yellow onions are U.S. No. 1 or better.

PACK/YIELD

- F120: 3-pound bag (about 12 per bag)
- F122: 1-pound bag (about 4 per bag)
- F123: 2-pound bag (about 8 per bag)
- 1 medium onion, peeled, is about 1 cup of chopped onion.

STORAGE

- Yellow onions should be stored in a cool, dry place. Do not store in a plastic bag. Fresh onions may keep up to 30 days if stored properly. Do not wash before storing.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- To prepare an onion for chopping, cut off one end of the onion with a knife and peel off the outside skin (the dry, papery layer). Sometimes the first layer of the onion comes off too; that is OK. Cut the onion in half, place on a clean cutting board, cut side down, and begin chopping.
- Once an onion is cut, wrap leftovers you did not use in plastic wrap, and put it in the refrigerator. It may keep for up to 7 days.
- To bake or roast: Peel onions and cut into ½-inch thick slices. Place on a baking sheet coated with cooking spray and bake or roast at 400 degrees F for 35 minutes or until onions are golden brown.
- To cook on the stovetop: Peel and slice or chop onions. Heat a small amount of vegetable oil or margarine in a large skillet over medium heat. Add the onions and cook, stirring occasionally, until golden brown and soft. This may take 5 to 15 minutes, depending on the size of the pieces or slices.
- To microwave: Place chopped onions in a microwave-safe covered dish and cook on high for 2 to 3 minutes.

USES AND TIPS

- Yellow onions are full-flavored and can be added to many cooked dishes like soups, casseroles, and stuffings, or mixed with other vegetables in main dishes and egg dishes.
- Yellow onions are strong in flavor but can be added to fresh salads and sandwiches, if you like.

NUTRITION INFORMATION

- ½ cup of chopped, raw, or cooked yellow onion counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.

FOOD SAFETY INFORMATION

- Keep onions that are going to be eaten raw away from raw meat, poultry, or seafood and from the kitchen tools used with the meat, poultry, or seafood.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (105g) cooked onion, drained and chopped

Amount Per Serving

Calories		Calories from Fat	0
% Daily Value*			
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	11g	4%	
Dietary Fiber	1g	4%	
Sugars	5g		
Protein	1g		
Vitamin A	0%	Vitamin C	10%
Calcium	2%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN AND ONION SOUP**MAKES 6 SERVINGS****Ingredients**

- 2 cups canned chicken, drained
- 2 teaspoons vegetable oil
- 2 medium onions, halved and thinly sliced
- 8 cups low-sodium chicken broth
- 1/8 teaspoon ground black pepper
- 2 medium carrots, sliced
- 2 stalks celery, sliced
- 3/4 cup uncooked pasta, like whole grain rotini, egg noodles, shells, or penne

Directions

1. Heat oil in large skillet over high heat.
2. Add onions and cook until they begin to brown, stirring every once in a while.
3. Reduce heat to medium. Cook until onions are tender and fully browned, stirring every once in a while. Remove skillet from heat.
4. Heat broth, black pepper, carrots and celery in medium saucepan over high heat to a boil.
5. Stir pasta and chicken in saucepan. Reduce heat to medium. Cook 10 minutes or until pasta is tender.

Nutritional Information for 1 serving of Chicken and Onion Soup

Calories	220	Cholesterol	65 mg	Sugar	3 g	Vitamin C	6 mg
Calories from Fat	70	Sodium	320 mg	Protein	27 g	Calcium	44 mg
Total Fat	8 g	Total Carbohydrate	13 g	Vitamin A	215 RAE	Iron	2 mg
Saturated Fat	2 g	Dietary Fiber	2 g				

*Recipe adapted from Campbellskitchen.com.***CHICKEN FAJITAS****MAKES 8 SERVINGS****Ingredients**

- 2 garlic cloves, chopped
- 1/4 cup vegetable oil
- 1 tablespoon chili powder
- 2 teaspoons cumin (if you like)
- 1 pound chicken, bones and skin removed, cut into strips
- Nonstick cooking spray
- 2 green peppers, sliced
- 2 onions, sliced

Directions

1. Combine garlic, oil, chili powder, and chicken in a large bowl. If using cumin, add that too. Cover and marinate up to 2 hours.
2. Coat skillet with nonstick spray.
3. Cook chicken in skillet over medium heat until done; reserve 2 tablespoons of marinade.
4. In a nonstick skillet, heat the 2 tablespoons of marinade. Add peppers and onions, and cook until soft. Toss with cooked chicken.
5. Serve with tortillas, salsa, lettuce, and tomatoes.

Nutritional Information for 1 serving of Chicken Fajitas

Calories	180	Cholesterol	50 mg	Sugar	2 g	Vitamin C	27 mg
Calories from Fat	80	Sodium	190 mg	Protein	18 g	Calcium	27 mg
Total Fat	9 g	Total Carbohydrate	5 g	Vitamin A	20 RAE	Iron	1 mg
Saturated Fat	1 g	Dietary Fiber	1 g				

Recipe adapted from Recipezaar.com.